

FINDING IT DCR's "Heart Healthy Trail" runs along Milton's side of the Neponset River, parallel to MBTA trolley tracks/Eliot Street; the Neponset River Reservation trail runs along the Dorchester side. A public canoe and kayak launch is located at Central Avenue Bridge across from Rite-Aid's parking lot (hidden by overgrown vegetation).

DESCRIPTION This short section of trails and greenways on both sides of the Neponset River is a distance from the old industrial factory complex: Nature takes center stage. The millpond behind Baker Dam is wide and still, and waterfowl are frequent visitors. A series of bright murals painted on a retaining wall beside the trolley tracks depict facts about local fauna and flora (bullfrogs, red maple trees, rainbow smelt...).

STEWARDSHIP OPPORTUNITIES Since this section of the Neponset River is near a retail drug store, a reminder to dispose of all prescription and over-the-counter drugs properly, never down the drain, is appropriate! Milton Police Department maintains a secure collection box for drop-offs 24/7 and participates in national pharmaceutical "take back" events regularly.

HISTORY Boston Natural Areas Network was founded in 1977 as the Boston Natural Areas Fund by citizens concerned about the preservation and potential loss of open space in some of Boston's most under-served and densely built neighborhoods. BNAN's goal is to protect these spaces known as Urban Wilds by developing a community of stewards so the Wilds will remain a permanent part of an urban open space network. BNAN is proud that today more than 800 acres and 85 sites have been protected and are publicly accessible.

In 1992, BNAN developed a new approach for stewardship of Urban Wilds by focusing on the opportunity to connect Urban Wilds with existing or potential public parks and abandoned urban land to create new linear systems of urban or urban Greenways. Over the past 20+ years BNAN has worked with local residents and government officials to build and extend the Neponset River Greenway and the East Boston Greenway. The Neponset River Greenway is a 10 mile trail extending from the mouth of the Neponset River to the Blue Hills and the East Boston Greenway is a 3.3 mile trail from Boston Harbor to Constitution Beach.

ACTIVITIES Watch wildlife, recreational boaters, and trolley cars; ride a bike; rollerblade; walk; jog; dog-walk; shop; picnic or dine; kayak; canoe; fish; learn from DCR educational kiosks and painted murals.